

Woman Soccer Champ Scores On Foot Care

(NAPSA)—The average person takes about 10,000 steps a day and will walk over 80,000 miles in their lifetime. Julie Foudy is not the average person and that may be why she knows how important it is for women to take care of their feet.

As captain of this year's U.S. Women's National Soccer Team, Foudy spends about five hours every day preparing for her team's chance to win.

"Knowing the daily stress my feet endure, it's important for me to make sure my feet are in top condition," said Foudy.

With one-fourth of the body's bones in the feet, preventive care is a must.

According to certified athletic trainer Heather Matthews, "If all of my athletes would practice preventive foot care, many of them wouldn't have the problems they have now."

Matthews offers a few tips for maintaining flawless feet:

- Match your shoes with your activity and alternate shoes so you have dry, clean ones to wear each day.
- Ensure your shoes fit properly. A space about the width of your thumb should lie between the end of the longest toes and the end of the shoe.
- Wash or soak your feet at least once a day, and always after exercise.
- Check your feet for lumps, bumps, blemishes, grazes and cuts and treat these imperfections at



Julie Foudy, captain of the U.S. Women's National Soccer Team, knows the pounding feet can take.

their first onset.

- To help prevent blisters and calluses, soak your feet in warm water and exfoliate with a gentle foot scrub, such as Bath & Body Works *True Blue Spa Toe the Line Foot Scrub*.

- Follow this with an intense moisturizer, such as the *True Blue Spa Shea it Isn't So Shea Butter Foot Cream* to leave feet smooth, soothed and ready to go.

- Don't underestimate the power of massage to help rejuvenate tired, dry feet.

- Trim your nails straight across to help prevent infection.

For additional foot care tips, visit www.bathandbodyworks.com.